



..... Please make sure that the Health Plan you select has providers in your area. See the Health Plan's Provider Directory

Medi-Cal benefits can now be provided under a Medi-Cal Health Plan. All Medi-Cal Health plans offer these standard benefits:

- Check-ups for children
- Emergency services
- Family planning
- Hospital services
- Immunizations (shots)
- Laboratory services
- Maternity and newborn care
- Physicals for adults
- Physical therapy
- Most prescription drugs
- Routine eye exams
- Transportation assistance
- Visits to the doctor when you are sick
- X-ray/imaging
- Nursing home care

Member Services

Every Medi-Cal Health Plan has a Member Services telephone number for the following services:

- To help you choose or change your Primary Care Physician
- To change your address or phone number
- For questions about your benefits or where services are available
- For complaints or grievances
- For assistance with public transportation

What Things Stay the Same?

- When you choose a Medi-Cal Health Plan, your Medi-Cal benefits stay the same. These benefits include:
- **Emergency Services** (you can get help at any hospital in a “real” emergency)
 - **Family Planning Services**
You can always get family planning services from **ANY** family planning provider accepting Medi-Cal.*
 - **Indian Health Centers**
American Indians and Alaskan natives can always get services through any Indian Health Center.*
 - **Dental Services**
Your BIC is good at any Medi-Cal dentist. Call **DENTI-CAL at 1-800-322-6384** to find a Medi-Cal dentist.
 - **Well Child Check-Ups (CHDP).** Call **(619) 692-8428**.

**Services do not require prior approval.*

What If There Is an Emergency?

- An emergency is an injury or illness that could lead to your death or cause permanent damage to your health. If you or someone in your family has an emergency, you should:
- Call your doctor, **OR**
 - Go to the nearest emergency room, **OR**
 - Call 911

What About Mental Health Services?

You can get mental health services in two ways. Call your health plan doctor, or call the Access Line at 1-800-479-3339.



Medi-Cal Health Care Options
In San Diego County

This material is being provided to help you better understand your choices. It is not an endorsement of any specific Medi-Cal Health Plan.

Welcome to Medi-Cal Managed Care

Your Medi-Cal benefits can now be provided by a Medi-Cal Health Plan. A Medi-Cal Health Plan gives you access to a network of doctors, clinics, specialists, pharmacies and hospitals.

How Does Managed Care Work?

Each Medi-Cal Health Plan has a list of primary care providers you can choose from. If you have a doctor now, you will need to find out if that doctor belongs to a Medi-Cal Health Plan. Your primary care provider will be responsible for managing your overall health care needs and referring you to other doctors if needed.

Who Can Join a Medi-Cal Health Plan?

Anyone who is on Medi-Cal, lives in San Diego County, and has a qualifying aid code gets Medi-Cal Health Plan coverage. This chart and an enrollment packet are provided to all persons who, like you, qualify based on their current aid code(s). Use the information in this comparison chart and the enrollment packet to examine your health plan choices. To order an enrollment packet or for assistance in filling out a choice form, please call **1-800-430-4263**. Translators are available. The TDD Line for the hearing impaired is **1-800-430-7077**. There is no charge to join a health plan.



Benefits Identification Card (BIC)

Choosing a Medi-Cal Health Plan

If you already have a doctor, check the provider directory to see if he/she works with a Medi-Cal Health Plan. Then ask these questions when you compare the health plans:

- Can I keep the same doctor if I already have one?
- Will it be easy to get to the doctor?

The answers to these questions can help you decide which Medi-Cal Health Plan is best for you. If you do not find the answers, you can call the health plan member services hotline to get the information you need.

